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# Vermont Aging & Disability Resource Connection

An initiative of the U.S. Department of Health and Human Services  
Awarded to the VT Department of Disabilities, Aging & Independent Living

Volume 1, Issue 2

February 2008

## Staying Connected Heather Johnson-Lamarche, ADRC Project Manager

It's a Happy New Year and one month closer to Vermont's infamous mud season.—BUT, that means one month closer to early bulbs, birds nesting and warmer sunny days!

We are happy to share this second newsletter with you which focuses on the progress made with the pilot site regions to forge partnerships across service networks, the development of the cross training, activities at the local team level, getting to know our ADRC partners, and a first ADRC success story.



We hope you enjoy this issue and welcome your feedback and suggestions for the future.

Please send suggestions for topics of interest and community events to Heather Johnson-Lamarche, ADRC Project Manager, [Heather.Johnson-Lamarche@hughes.net](mailto:Heather.Johnson-Lamarche@hughes.net) or call at 802.879.1338.

## ADRC Leadership Team Hard at Work Heather Johnson-Lamarche

The two Leadership Teams that formed in October 2007 have merged to create one single Leadership Team across both pilot regions. Team members agreed it would be better to address grant implementation strategies as one collective group, particularly since three statewide organizations are ADRC partners—VCIL, VT 2-1-1, and Parent to Parent of VT.

The January meeting included input into the final evaluation strategy for surveying consumers.



*The February meeting focused on use of capacity building resources and how the partners should best utilize grant funds to support one-time costs.*



## Leadership Teams Con't

Work also began on the development of a cross training approach for all ADRC partner agencies, with further details in the cross training article.

The February meeting focused on use of capacity building resources and how the partners should best utilize grant funds to support one-time costs. The Team also finalized the details for the cross training. Joel Gluck, the Centralized Refer Database Manager, conducted a presentation of Refer software, as there is a desire to explore how Refer could be used as important “glue” that binds the partners together through the use of specialized and statewide resource directories. Additionally, suggestions included using funds to support marketing efforts, ongoing partnership development and cultural/philosophical change across networks, cross training, and use of adaptive and assistive technologies. The Team will decide on how they’d like to use funds in March and discuss with the full Statewide Planning Council this spring.

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## News from the Northeast Kingdom

- Lynn Goulding, Project Coordinator

The Northeast Kingdom ADRC Leadership Team met for the second time on December 5<sup>th</sup>, 2007. There was a great discussion on the I R & A from the leadership team members in reference to their individual agencies.

The NEK LIT met on January 22, 2008 at Northeast Kingdom Human Services in St. Johnsbury. The team had not met since September 25, 2007, so there was a round of updates by team members, followed by a great discussion concerning family caregiver support. Another discussion revolved around the topic of what was most helpful to consumer and families the first time they call an agency for services. Notes from the meeting will be sent out to the NEK LIT Members soon, with a reminder for the next meeting for them, which is April 22, 2008.

## Northeast Kingdom News Con't

We will continue to honor the monthly tradition started at our NEK LIT Meetings of sharing community and organizational events of interest relevant to the ADRC populations we all serve.

Please be sure to continue to send Lynn Goulding ADRC Project Coordinator for the NEK, activities for the upcoming months to share in this newsletter. [lgoulding@nevaaa.org](mailto:lgoulding@nevaaa.org) ; 802-748-5182; 481 Summer St. Suite 101, St. Johnsbury, VT 05819.

## Other Northeast Kingdom Community News

White Ribbon Campaign – Northeast Kingdom Chapter

### A NEW VOICE IN THE KINGDOM

The White Ribbon Campaign of Vermont (WRCVT) and the Northeast Kingdom Chapter is an organization of Vermont men working to end men's violence against women. It relies on volunteer support and financial contributions from individuals and organizations.

We are affiliated with and recognize the pioneering work of the White Ribbon Campaign in Canada. Through its inspiration and leadership since 1991, there are now White Ribbon Campaigns in over 50 countries. Our local WRC is an educational organization to encourage reflection and discussion that leads to personal and collective action among men. Throughout the year, we encourage men: to do educational work in schools, workplaces and communities, to support local women's groups and to raise money for the international educational efforts of the WRC. We meet at 6:00 PM on the first Thursday of each month at Northeastern Vermont Regional Hospital, and we welcome all men who share our belief that violence against women must and can be stopped. Submitted by Dean Monteith, Community Coordination Council Coordinator.

### Alzheimer's Association

"Email Connections" is part of the Oklahoma and Arkansas Chapter's effort to connect families **Anywhere** in the United States who are dealing with young-onset (under age 65) with



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*I also knew that we  
were going to have  
a thought provoking  
conversation  
about the terms  
person centered,  
family centered,  
and consumer  
centered and what  
they mean to the  
different people we  
serve and ourselves.*

*Lynette Loges,  
Project  
Coordinator*



## Northeast Kingdom Community News Con't

Alzheimer's Disease. They have established a data base of families and professionals who can share ideas and connect with each other. They have also developed a quarterly newsletter. Call 1-800-272-3900 for more information.

## Caregiver Respite Grants

### "Giving the Family Caregiver Respite from the Challenges and Stresses of Caring for an Elderly Loved One"

We have two different respite grants for unpaid family or informal caregivers. These caregivers must provide in-home care for a frail elder or an individual who has a physician's diagnosis of Alzheimer's disease or a related dementia. The care recipient must live in Caledonia, Orleans or Essex County. You cannot receive a caregiver respite grant and Choices for Care services at the same time.

**To Apply Call Area Agency on Aging for NE VT at 1-800-642-5119 or 748-5182**

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## News from the Champlain Valley

- Lynette Loges, Project Coordinator

I was excitedly awaiting our Champlain Valley Local Implementation Team meeting scheduled for February 10, 2008 in downtown Burlington as the date drew near. I was looking forward to seeing members that I had not seen for some time. I also knew that we were going to have a thought provoking conversation about the terms person centered, family centered, and consumer centered and what they mean to the different people we serve and ourselves. I was also anticipating the opportunity to talk about what options counseling means to folks, how is it provided, and what families and consumers find most helpful when calling an agency or asking for a referral.

Because of my eagerness to hear everyone's thoughts on these topics, you can imagine my disappointment when mother nature intervened and necessitated the cancellation of this meeting due to snow and ice. However, I was certainly happy that no one was



## Champlain Valley News Con't

traveling in an effort to get to the meeting given the road conditions that day.

Thanks to all of you who responded so quickly regarding your availability in March. Our meeting is now rescheduled for March 7, 2008 at 10:00 am at the VT Public Works conference room in Burlington. We have the same topics I mention above on the agenda. Combined with updates about grant activities and news from members, this promises to be an enlightening and stimulating meeting. I look forward to seeing everyone there.

Please also add April 14, 2008 to your schedule as the date for the CV LIT meeting that follows March's meeting.

## Putting A Face to Our ADRC Regional Partners: Parent to Parent of Vermont and Executive Director Julie Arel MSW, MPH - Lynnette Loges, Project Coordinator

Julie Arel, Executive Director of Parent to Parent of Vermont, began her career in human services working with adults with developmental disabilities in a residential setting at the May Institute on Cape Cod. Julie then went on to complete two Masters degrees in Social Work and Public Health in a three year dual degree program at Boston University. There she also met our one and only ADRC Project Manager, Heather Johnson-Lamarche. What a nice start to a future ADRC relationship! Julie then worked in public health for a number of years before joining Parent to Parent in November 2001 as the Director of Family Support. Julie made this move because she desired to combine her love of social work with her public health experience. Julie stepped up to take on her current role of Executive Director of Parent to Parent in 2006. She was particularly happy to be taking on these new responsibilities because "I have been so proud to be affiliated with this organization, the staff, the Board and, of course, our fabulous network of families. Each day I walk through the door, I feel honored to be welcomed into the lives of the families we serve and to work alongside such a dedicated team of professionals."



*"I have been so proud to be affiliated with this organization, the staff, the Board and, of course, our fabulous network of families. Each day I walk through the door, I feel honored to be welcomed into the lives of the families we serve and to work alongside such a dedicated team of professionals."*



Julie Arel, Executive Director, Parent to Parent of Vermont



*The current mission of Parent to Parent is to nurture and support families whose children have a chronic illness or disability, and/or have been born prematurely; to encourage the implementation of family-centered policies and practices at all levels.*



## Our ADRC Regional Partners Con't

Becoming the Executive Director just means that I now have an even greater responsibility to our mission and vision which I hope to perpetuate each and every day."

The current mission of Parent to Parent is to nurture and support families whose children have a chronic illness or disability, and/or have been born prematurely; to encourage the implementation of family-centered policies and practices at all levels. Some of the ways Parent to Parent has offered support to families are by:

- Enabling them to talk with another parent who has a similar experience with their child and meet other parents
- Getting current information regarding health care financing
- Providing Access to flexible funding sources
- providing library resources and the ability to borrow books
- providing a means to "Teach" medical and university students how to be helpful professionals
- offering Sibling workshops for 7-14 year olds
- Asking questions and providing information about child development, Birth to 3 years.
- Getting information about local, statewide, and national resources to families
- Helping families stay up-to-date concerning health care for children with special needs
- Listening to parents on committees and advisory councils
- Organizing Partners In Care Conferences

and many others.



*"Parent to Parent  
is looking  
forward to an  
exciting new step  
as they become  
"Vermont Family  
Network" on July  
1, 2008 by  
merging with  
Vermont Parent  
Information  
Center."*



## Our ADRC Regional Partners Con't

Many of the children and families who Parent to Parent began supporting when the organization first began their work are now in their 20s and 30s and are seeking different types of support. Parent to Parent is responding to this generation of young adults and their families by "stretching" themselves to gain a deeper understanding and knowledge of resources available to adults with physical, health, or a developmental disability related need among other needs. Two grants obtained through the Developmental Disabilities Council have been particularly helpful in their endeavor to work with people with developmental disabilities. Parent to Parent's involvement as a partner of the ADRC that began in the fall of 2007 has also helped a great deal because as Julie says "by being a part of the ADRC, we have the opportunity learn about services we have not accessed traditionally. In return, we offer feedback from our experiences as an organization and from the families and individuals we serve to the other partners and organizations of the ADRC. This relationship has led to a wonderful circle of feedback benefitting all".

Parent to Parent is looking forward to an exciting new step as they become "Vermont Family Network" on July 1, 2008 by merging with Vermont Parent Information Center. I wish the best to both agencies as they continue to work towards this transition and will wait in anticipation for more information about the wonderful new organization coming to fruition through these efforts.

On a personal note, Julie and her husband and daughter live in rural Addison County. To unwind after a week's work, Julie hikes, skis, canoes, cooks, and reads voraciously with her family. She also spends quite a bit of time doing the hokey pokey!

"Through the generous support of a grant from the DD council, P2P was able to augment our staff and expand our services to include a much needed specialty around developmental disabilities services in the state of Vermont. Jan Hancock, a long-time staff person and Senior Family Support Consultant will be taking a lead role in providing outreach throughout the state, helping to strengthen the statewide network of disability related services for families, individuals and professionals who work with them.



## Our ADRC Regional Partners Con't

Lauren Ware, a new addition to the Family Support team at Parent to Parent, will be training over the next few months to become a developmental disabilities specialist and resource for the state. Lauren, as well as being a parent with a child with developmental disabilities, is a talented writer and researcher who will be developing user friendly materials and trainings to help navigate the sometimes daunting developmental services system."

For more information about Vermont Parent to Parent, please visit their website at [www.partoparvt.org](http://www.partoparvt.org) or call **1-800-800-4005**.



*Refer has a very powerful reporting tool that allows you to get information about any data that gets input to the database. You can run reports with up to three different items. - Joel Gluck, Refer Database Manager*

## REFER-ence Desk Notes Joel Gluck, Centralized Refer Database Manager

Let's talk about reporting.

Refer has a very powerful reporting tool that allows you to get information about any data that gets input to the database. You can run reports with up to three different items. For example, a report can be run based on the top two layers of the Taxonomy and the services referred for those items. The data from this report would look like this:

- 77 Basic Needs
  - 50 Food
    - 2 Congregate Meals/Nutrition Sites
    - 1 Government Surplus Food Distribution Sites
  - 47 Home Delivered Meals
  - 19 Housing/Shelter
  - 6 Heating Fuel Bill Payment Assistance
  - 1 Home Rehabilitation Grants
  - 2 Home Rehabilitation Loans
  - 2 Independent Living Communities/Complexes for Older Adults
  - 1 Moving Assistance
  - 2 Roommate/Housemate Matching Assistance
  - 6 Telephone Bill Payment Assistance
  - 8 Transportation

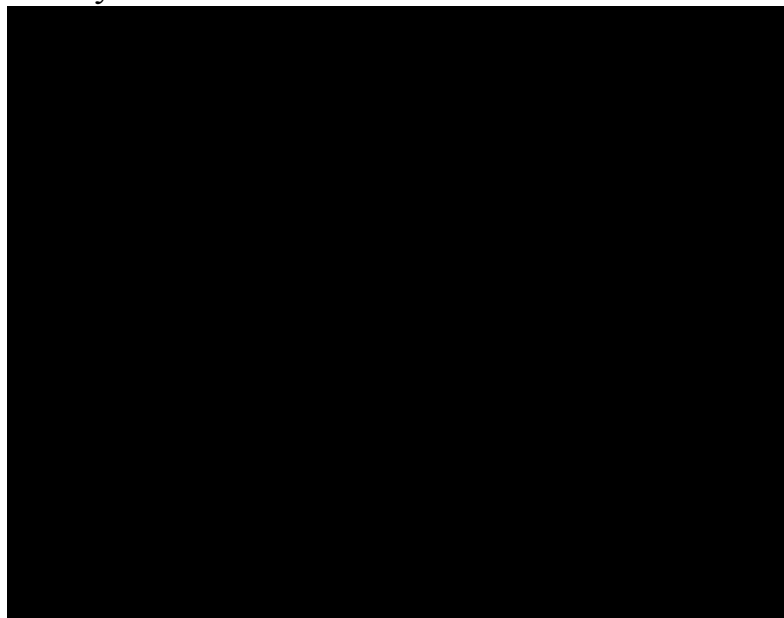


## REFER-ence Desk Notes Con't

- 1 Disability Related Transportation
- 3 Medical Transportation
- 4 Senior Ride Programs

At the beginning of each month I (along with I&As at other AAAs) run reports to share with our team. I run about 15 reports out of Refer – these provide the data I then use to create graphs or spreadsheets to get a historical perspective. The data and graphs help us identify areas where there might be critical needs – like a spike in Meals on Wheels requests or snow shoveling assistance – that need additional resources or are unmet needs in the community.

*The data and graphs help us identify areas where there might be critical needs – like a spike in Meals on Wheels requests or snow shoveling assistance – that need additional resources or are unmet needs in the community. – Joel Gluck*



If you would like more information or are interested in receiving our monthly update reports, contact me at [joel@cva.org](mailto:joel@cva.org).

## Cross Training News —Heather Johnson-Lamarche

The two Project Coordinators and the Project Manager developed a Cross Training Approach and Outline which addresses two training needs of the ADRC partner agencies:

1. Network Overviews
2. The Provision of Professional Information, Referral & Assistance



## Cross Training News Con't

This approach and outline was presented to the Leadership Team at the January meeting. The Team endorsed and supported the approach. The following table outlines the approach that will be implemented during the months of March, April and May 2008. A follow up training will also be conducted later in the summer.



Cross Training Part 1 Network Overviews	Cross Training Part 2 Information, Referral & Assistance
<p><b>Purpose:</b></p> <p>To provide a general overview of all of the different service networks comprising the ADRC that will include the following topic areas, among others:</p> <ul style="list-style-type: none"> <li>- General operational information—who they serve, where located, regions served, organizational structure, etc.</li> <li>- Network philosophy and history</li> <li>- Organizational mission(s)</li> <li>- Nuts and bolts—how funded, what services are available, core functions, how connected to State or federal government, eligibility criteria for programs, etc.</li> <li>- Gaps—who are the consumers that the network continually finds “fall through the cracks”</li> </ul>	<p><b>Purpose:</b></p> <p>To provide a very concrete, focused training on the provision of professional information, referral &amp; assistance services. The training will include the following topic areas, among others:</p> <ul style="list-style-type: none"> <li>- history of I,R&amp;A</li> <li>- national and local best practices</li> <li>- AIRS standards</li> <li>- communication skills</li> <li>- cultural competencies</li> <li>- role playing</li> <li>- general vs specialized I,R&amp;A</li> <li>- Use of resource databases</li> </ul>
<p><b>Intended Audience:</b> Initially will target I,R&amp;A staff at all partner agencies. Later in summer will expand to include other staff such as program managers, service coordinators, and case managers</p>	<p><b>Intended Audience:</b> I,R&amp;A staff at all partner agencies. Later in the summer will expand to include other staff in agencies who also have responsibilities for some level of I,R&amp;A such as program managers, service coordinators and case managers</p>
<p><b>Approach:</b> Two 1/2 day trainings will be hosted in the each pilot region. Each service network (AAAs, DS agencies, VCIL, Parent to Parent, 211) will take responsibility for conducting its portion of the training. Training materials will be developed and available for agencies to use for ongoing training</p>	<p><b>Approach:</b> One full-day training will be hosted for I,R&amp;A staff. A cross training workgroup is developing the curricula, including ADRC partner staff, consumers, DAIL, and community stakeholders. An ongoing curricula will be developed to ensure ongoing training is available to partner agencies.</p>
<p><b>Timeline:</b> Implement March and April 2008</p>	<p><b>Timeline:</b> Implement May 2008</p>



*"I believe our consumer was connected with needed services and support systems more quickly because we now had a direct link to developmental services through Sima" says Karen- Lynette Loges, Project Coordinator*



## Cross Training News Con't

Lynn Goulding and Lynette Loges, the two grant project coordinators, are organizing and leading the effort to implement the cross training. We hope that the curricula developed will be made available to a larger and broader audience including other agencies in the community once it is implemented and tested.

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## ADRC Success Story: Partnerships Work!! - Lynette Loges

Karen Gissendanner of the Champlain Valley Agency on Aging mentioned in one of the local Champlain Valley LIT meetings how much she appreciated the opportunity to meet other partners. She particularly noted how helpful that relationship building was on one occasion when she needed some information regarding developmental services. Sima Breiterman of Howard Center Developmental Services remembers her early introductions to Karen in several CV ADRC LIT meetings and then receipt of a message from her. Sima was able to quickly guide Karen to the Howard Center Developmental Services Intake Coordinator.

Sima also indicated that "Before I became involved with the CV ADRC LIT, the only partner I knew in our community outside of the Developmental Services System was John Barbour from CVAAA." Relationships and knowledge acquired through the CV ADRC LIT assisted Karen in navigating systems. "I believe our consumer was connected with needed services and support systems more quickly because we now had a direct link to developmental services through Sima" says Karen.

She felt she was able to acquire information in a more streamlined manner. We hope the CV ADRC will continue to be a source of partnership, relationship building and support for providing quality information, referral and access to services for those we serve.



### Community Events in the Northeast Kingdom

Starts March 10<sup>th</sup> - A Matter of Balance, Managing Concerns about Falls, evidence-based program, starting at the new mealsite in Newport Center that meets on Mondays. Classes are 2 hours, for 8 sessions, once a week starting March 10<sup>th</sup> at the Firehouse in Newport Center.

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Tufts Strong Living classes are being held all over the NEK. A small donation is requested for the classes. These are “maintenance & new” ongoing classes, beginners are welcome and will receive special attention, if there is room. “New” classes start up about every 12 weeks. All instructors have been certified in the Tufts Strong Living Program.

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Tai Chi in the NEK- Classes are Monday and Thursday, 8:30 AM in St Johnsbury at the Good Living Senior Center.

For more information and/or to sign up for any of these programs, contact Jenny Patoine, Community Specialist  
Area Agency on Aging for Northeastern VT  
802-748-5182 or 1-800-642-5119

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### Getting Help with Caregiving

For wives, husbands, children or other family or friends caring for an ill or frail loved one: Learn about some of the resources available to help you, as well as positive and effective ways to ask for and get help from family and friends. Facilitated by Nancy Oakes, Family Caregiver Support Program Coordinator at the Agency on Aging.

**Two locations:**

**St. Johnsbury Atheneum: Wednesday, March 19, 6-8 PM**

**IROC Conference Room, Derby: Wednesday, March 26, 6-8 PM**

**Need to wait for confirmation now , date may change.**

Call Nancy Oakes at 748-5182 or 1-800-642-5119 for Information







## Community Events in the Northeast Kingdom Con't

A note from Vi Hauver, Director of Community Outreach at Northeast Kingdom Homecare, Inc. about an upcoming event at The Meeting Place in Newport Vermont:

**March 17th is St. Patrick's Day at The Meeting Place. You'll need to visit to see who knows how to do the Irish Jig!**

You can reach Vi for more information at 802-334-7604.



### Grandparents Together

A support group for grandparents and other relatives raising children that are not their own. They meet the first and third Wednesday of every Month, at the NEKCA PCC on Lincoln Street, St Johnsbury, VT, 5:30-7:00 PM. Childcare and meals provided.

Call Chris 802-892-6176 or Cindy 802-748-2587 ext. 1 for more information.

*We will continue to honor the monthly tradition started at our NEK LIT Meetings of sharing community and organizational events of interest relevant to the ADRC populations we all serve. Please be sure to continue to send Lynn Goulding ADRC Project Coordinator for the NEK, activities for the upcoming months to share in this newsletter: [lgoulding@nevaaa.org](mailto:lgoulding@nevaaa.org) ; 802-748-5182; 481 Summer St. Suite 101, St. Johnsbury, VT 05819.*



## Community Events in the Champlain Valley

### **Spring Blooms! Fashion Show and Luncheon**

University of Vermont's Davis Center

Registration 11:30 a.m.

Luncheon and Show: Noon

A luncheon to benefit the VNA's Family Room program celebrating its 20<sup>th</sup> year. Community models showcase spring fashions. The 2008 event will be held at the University of Vermont's Davis Center from 11:30 am-2 pm. For more information about this event or the Family Room, please call 860-4435 or visit VNA Fundraisers.

## **Community Events in the Champlain Valley Con't**

### **Grandparents Raising Their Children's Children**

**Every 3rd Tuesday, Wesley Methodist, Waterbury 6-8pm**



Dinner and onsite childcare provided. Lively and Informative evening Coordinated by the Central Vermont Community Partnership. Walk-ins welcome.

Call Evelyn Sawyer at 476-1480 ext. 377 for info.

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### **Autism Support Daily**

**Every 1st Monday of each month 7-9 pm**

Support group open to parents of children with autism at Parent to Parent of Vermont, 600 Blair Park Rd, Williston Online message board also available

[www.autismsupportdaily.com](http://www.autismsupportdaily.com)



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### **Chittenden County SibShops**

**2nd Saturday every other month of Fall/Winter/Spring 10:00-1:00pm**

Offers brothers and sisters of children with special needs the opportunity to meet other kids who know what it's like to have a sibling with a disability at HowardCenter, Children Youth and Family Services 1138 Pine Street, McClure Gymnasium, Burlington

Contact Joanne at 764-5290 or 1-800-800-4005 x18

Contact Betty Morse at 524-6574 ext 212 for Franklin Co. information

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### **2008 Foot and Blood Pressure Clinics: Chittenden County**

The suggested donation amount is \$10.



Hinesburg Friendly Folks

Coordinator– Bonnie Parent 482-2998

Friday: 10:15—12:00noon

March 14

Arrowhead Senior Center-Milton

Coordinator—Kathy Tobin 893-1035

Wednesday: 10:15—12:00noon

April 9

## Community Events in the Champlain Valley Con't

### Addison County

Call Addison County Home Health & Hospice at 388-7259 for more information. There is no charge for the Foot Clinics. For foot care, please bring a basin and towel to the clinic.



#### Grange Hall-Bridport

1st Wednesday, even months: 11:00—12noon

April 2

#### Commons-Middlebury

2nd Thursday, every month: 10:00– 12noon

Mach 13, April 10

#### American Legion-Bristol

2nd Wednesday, every month: 11:00—12noon

March 12, April 9

#### Russ Sholes-Middlebury

3rd Friday, every month: 10:00—12noon

March 21



### Franklin County

To reserve an appointment, call Franklin County Home Health at 527-7531. The cost is \$10 and the client should bring a towel. Blood pressure checks on request.

#### Enosburg Riverview

2nd Wednesday, every month: 10:00-11:30am

march 12, April 9



#### Lake Street Housing-St. Albans

2nd Wednesday, every other month: 9:00—11:30am

April 9

#### Franklin County Home Health-St. Albans

4th Thursday, every month: 9:00-2:30pm

March 27

#### Messenger Street-St. Albans

2nd Wednesday, every other month: 9:00—11:30am

March 12



## Foot Clinics Con't and Caregiver Support Groups

Swanton School Apartments  
3rd Friday, every month: 9:00—11:00am  
March 21

### Grand Isle County

To reserve an appointment, tell your mealsite coordinator or call Professional Nurses Scheduler at 655-7111. The suggested donation amount is \$10.

Islands in the Sun Senior Center-Alburt  
Coordinator-Evelyn Dubuque 372-4026  
Tuesday: 10:15—12noon  
April 1

C.I.D.E.R.-South Hero  
Coordinator-Robin Way 372-6425  
Monday: 10:15-12noon  
March 10

## Support Groups for Caregivers

### Caregiver's Support Group, Hardwick

Second Thursday of the Month, 6:30 p.m.  
Agency on Aging, Merchants Bank Building: Call Kathy at 229-0308 ext 306



### Caregiver's Support Group, Lyndonville

Third Thursday of the Month, 10 – 11:30 a.m.  
Methodist Church: Phone Riverside at 626-3900 for Info



### Caregiver's Support Group, Newport

First Wednesday of the Month, 6 - 7:30 p.m.  
The Meeting Place, 100 Second St.: Call Debra at 334-7604 to Confirm

### Alzheimer/Caregiver Support Group, Newport

Last Tuesday of Month, 10 – 11 a.m.  
Newport Health Care Center (334-3188)



## Caregiver Support Groups



### **Alzheimer's Support Group, St. Johnsbury**

Last Monday of Each Month, 7 p.m.

Caledonia Home Health Care: Phone (748-8116)

### **Alzheimer's Support Group, Morrisville**

Third Thursday of Each Month, 2 – 3:30 p.m.

Puffer United Methodist Church: Call Pat Thompson for Info (888-2248)

Submitted by Nancy Oakes, National Family Caregiver Support Program, Area Agency on Aging for Northeastern Vermont.

There are many trainings, conferences and other events offered in our area. If you want to be on a mailing list for the NEK-wide calendar produced by Nancy Simons, Agency of Human Services Field Services Specialist, please contact Nancy 802- 751-0465 or [Nancy.Simons@ahs.state.vt.us](mailto:Nancy.Simons@ahs.state.vt.us)

